

## Deeply Feeling Process

Identify your most intense feeling:

1. Name the feeling?
2. What are the words behind the feelings?
3. Using the words, make your body be a balloon and the feelings into helium.
4. Breathe the feeling energy into the body/balloon. You can think the words to allow the feeling energy to expand. Fill the body until the feeling energy is pushing on the skin until you have had enough of that feeling.
5. Reverse your breath. Breathe the feelings outside of your body in a space in front of you. Breathe, breathe, until your body is emptied.
6. In your imagination, create a label and a marker. With the marker, write the words behind the feelings on the label.
7. In your imagination, reach out and place the label on the form.
8. Step back, breath, and read the words. The words will cause the feeling experience. Ask yourself the question, "Have I had enough of those feelings?"
9. If you answer, "yes, enough," you are ready to take the next step.
10. With your imagination, scan your body to discover the cords that connect your body to the feelings in front of you. Do whatever is necessary to disconnect all of the cords. As a cord is disconnected, it will shrink into the feeling form.
11. Once all of the cords are disconnected, take a breath, step back and read the label. Speak the words "TAG and Transform" as you clap your hands, snap your fingers which will cause the form to dissolve.
12. Blow the energy back to Light. It is called "camaying energy".
13. Take a deep breath. What feeling is left? If it is clear, you are complete. If another feeling of constriction comes up, repeat the steps until the field is clear.
14. Write a Reality Statement to anchor any new awareness and use it within the Reality Shift Process.

